



DEPARTMENT OF STATE POLICE

PHYSICAL FITNESS SCREENING DESCRIPTION

1.5 MILE RUN

- Timed 1.5 mile run on a flat outdoor asphalt surface. This event assesses general fitness and is adjusted for age and gender. (see passing score table below)

1.5 Mile Run Times					
Male			Female		
Age Range	Run Time (minutes:seconds)		Age Range	Run Time (minutes:seconds)	
20-29	12:38		20-29	14:50	
30-39	12:58		30-39	15:43	
40-49	13:50		40-49	16:31	
50-59	15:06		50-59	18:18	

TWO JOB RELATED SIMULATIONS

- *PURSUIT/RESTRAINT SIMULATION*: The pursuit/restraint simulation is designed to represent chasing and subduing a suspect and contains a series of tasks that lead up to and include a simulated restraint of a suspect. Tasks performed in the simulation include essential physical tasks performed by incumbent troopers. Examples of these tasks are exiting a vehicle, running on flat areas and stairs, evading obstacles (e.g., branches), bending/stooping, negotiating barriers (e.g., guardrail), and restraining (e.g., handcuff, hold) resistive individuals. This simulation is conducted indoors at a conventionally sized gymnasium (see diagram below)
- *RESCUE SIMULATION*: The rescue simulation is designed to represent exiting a vehicle, moving quickly to an accident scene, and rescuing/removing a passive/unconscious person. Tasks performed in the simulation include essential physical tasks performed by incumbent troopers. Examples of these tasks are exiting a vehicle, running on flat areas and stairs, negotiating median barrier, and dragging victim to safety. This simulation is conducted indoors at a conventionally sized gymnasium. (see diagram below)

Obstacle Course #1 - Pursuit/Restrain

This job sample is designed to represent chasing and subduing a suspect and contains a series of tasks that lead up to and include a simulated restraint of a suspect.

You will be completing the following tasks:

- Going up and down stairs
- Going through a 4 ft. tunnel
- Going over a 3 ft. jersey barrier
- Pushing a 150 lb. weighted sled
- Completing the arrest simulator

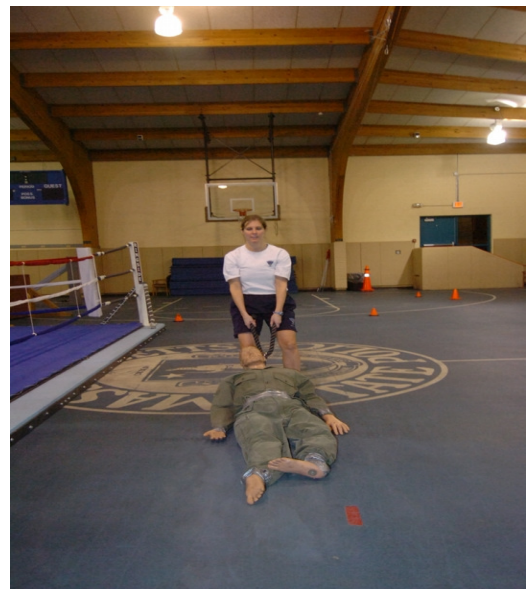


Obstacle Course #2 - Rescue

This job sample is designed to represent exiting a vehicle, moving quickly to the accident scene, and rescuing/removing a passive/unconscious person.

You will be completing the following tasks:

- Going over a 3½ ft. wall
- Going up and down stairs
- Going through a 4 ft. tunnel
- Dragging a 165 lb. dummy 25 feet

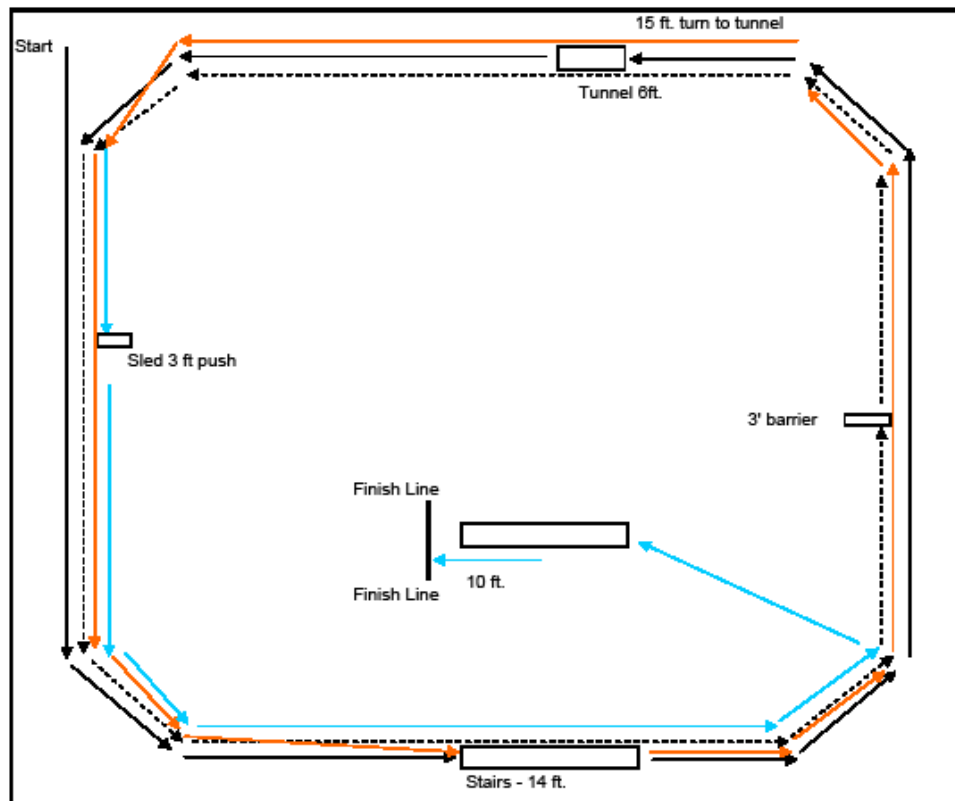


Qualifying Standards

Obstacle Course #1 Pursuit/Restrain	1:54:60
Obstacle Course #2 Rescue	1:58:00

MSP Course 1 - Pursuit/Restrain

each square = 5' x 5' VERSION 3



Total Area 85' x 85'

→ Lap 1

- - - Lap 2

→ Lap 3

→ Lap 4

Climb Stairs on Laps 1 & 3

Total distance same as original layout

Stairs & tunnel in same location as Course 2

Approximate total distance of the four laps is 1000 feet.

Lap 1- Up and down the stairs, touching each step and go through the tunnel.

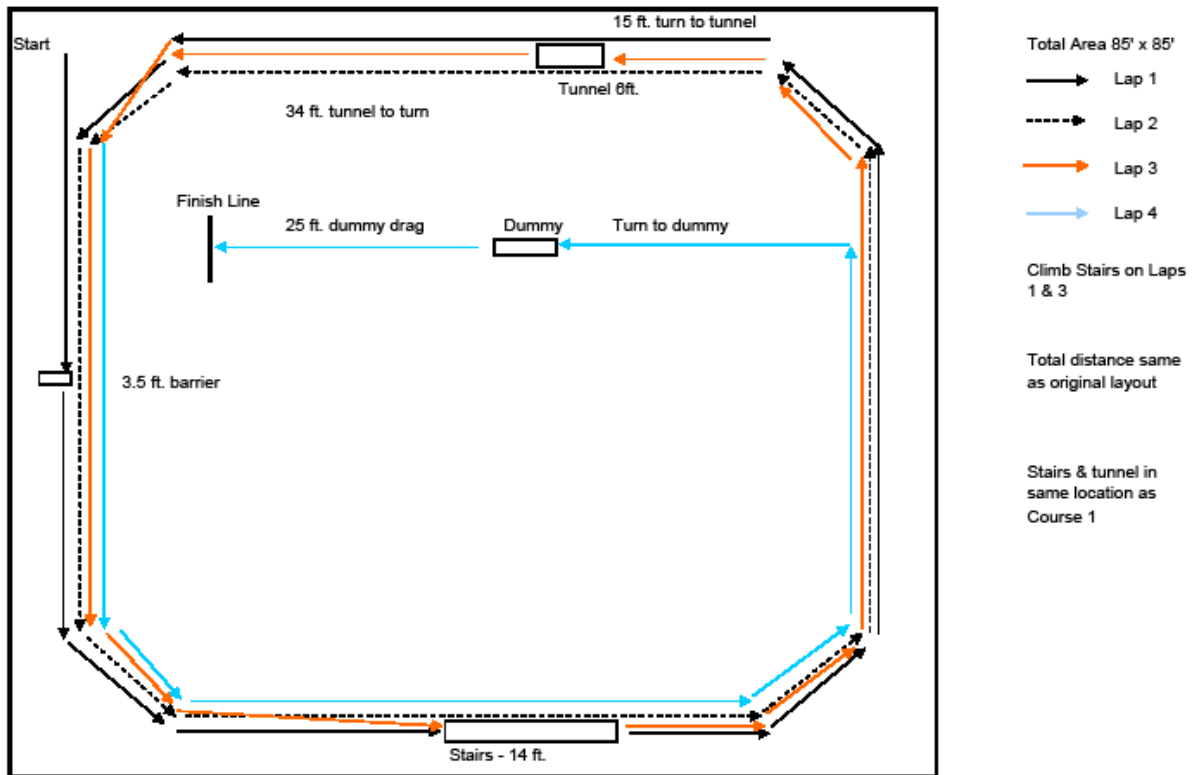
Lap 2- Over the 3' barrier.

Lap 3- Up and down the stairs, touching each step.

Lap 4- Push the weighted sled 3' and complete the arrest simulator.

MSP Course 2 - Rescue Simulation

each square = 5' x 5' VERSION 3



Approximate total distance of the four laps is 1050 feet.

Lap 1- Over the 3.5' wall, and up and down the stairs, touching each step.

Lap 2- No obstacles.

Lap 3- Up and down the stairs, touching each step.

Lap 4- Go through the tunnel and drag the dummy 25'.